

Creating Fulfillment in Your Life

In our coaching together, our goal is to support and empower you to create a more fulfilling life. Please fill out the following scale to help us assess your current situation and determine the most important areas to work on.

Current Satisfaction Assessment

Rate each area from 1 – 10, using #1 as the lowest level of satisfaction and #10 as the highest level of satisfaction.

Rate from 1 – 10

Career	<input type="text"/>
Significant Other	<input type="text"/>
Family	<input type="text"/>
Friends	<input type="text"/>
Physical Health and Well-Being	<input type="text"/>
Emotional Health and Well-Being	<input type="text"/>
Physical Environment	<input type="text"/>
Finances	<input type="text"/>
Spirituality / Religion	<input type="text"/>
Education / Personal Growth	<input type="text"/>
Fun and Leisure	<input type="text"/>
Lifestyle	<input type="text"/>
Balance in Life	<input type="text"/>

Describe in more detail 1 to 5 areas you'd most like to focus on.

1.

2.

3.

4.

5.

If you could create the results you desired in these 1 to 5 areas, what specifically would you like to achieve in the next 90 days?

What would you have to do or change to make these things happen in the next 90 days?

As a coach, how can I best support you to achieve your goals?